

ANNOTATION
work program of the discipline
“Elective courses in physical education”

Speciality	05/31/01 General medicine		
Number of credits	in accordance with the RUP		
Form (test/exam)	intermediate	certification	test

1. The purpose of studying the discipline

The purpose of mastering the curriculum (module) is the formation of physical culture of the individual and the ability to purposefully use a variety of means of physical culture, sports and tourism to preserve and improve health, psychophysical preparation and self-preparation for future life and professional activities.

2. Summary of the discipline

Topic No. 1 “Methods of self-control in physical education classes. Organization and methodology of conducting training sessions”

Summary.Criteria for dosing physical activity. Definition individual training zone range. Subjective indicators of self-control. Objective indicators of self-control. Methods of self-monitoring of physical fitness. Physical condition and methods of self-monitoring of the level of one’s physical health. Self-control diary.

Topic No. 2 “Organization and methodology for conducting educational training sessions”

Contents and methods of carrying out UTZ. Construction, structure of UTZ. Hygienic requirements for motor qualities. Peculiarities of carrying out technical testing in a control system. Features of carrying out UTZ in LUO. Features of conducting UTZ with women.

Topic No. 3 “Endurance”: methods of education and monitoring the level of development”

Summary.Theoretical justification of endurance. Tools and programs development of endurance. Walking program for people with coronary heart disease. Methods for developing endurance. Methods and principles for developing an individual health running program. Therapeutic running technique. Injury prevention. Methods for monitoring the level of endurance development.

“Strength: methods of education and control of the level of development”

Summary.Strength as a physical quality. Means of developing strength. Methods strength development. Methods and features of organizing classes to develop the strength of adolescents, girls, women and the elderly. Rules for preventing injuries. Methods for developing strength through exercises with kettlebells.

“Flexibility: methods of education and monitoring the level of development”

Summary.Flexibility as a physical quality. Methodology and means of development flexibility in the lesson structure. Repeated stretching method. Static stretching methods. A method of developing flexibility combined with strength exercises. Methods for monitoring the level of development of flexibility.

“Dexterity: methods of education and monitoring the level of development”

Summary.Agility as a physical quality. Means for developing dexterity. Methods for developing dexterity. Methods for monitoring the level of dexterity development.

“Quickness: methods of education and monitoring the level of development”

Summary.Speed as a physical quality. Exercises for development you were fast. Methods for developing reaction speed and speed of movement. Speed training plans. Methods for monitoring the level of speed development.

Topic No. 4 “The place and role of physical culture in the development of man, society and specialist training. Fundamentals of Personality Formation”

Summary.Definition of physical culture. Basic indicators components of physical culture in society. Basic elements of physical culture. Basic forms of physical culture. Determination of physical culture of an individual. The main objectives of physical education.

Topic No. 5 “Fundamentals of a healthy lifestyle for a student, means and methods of physical culture and sports in ensuring health”

Summary.WHO definition of “health”. Types of recreation. Hygiene physical culture and sports. Motor activity, its meaning. Definition of a physical pause.

Topic No. 6 “Methodology for compiling options and conducting morning hygienic exercises”

Summary.The essence of charging. Means of charging and its implementation. Approximate exercise complexes for women and men starting to exercise for the first time. Methodology for drawing up charging options and carrying it out.

Topic No. 7 “Methods of conducting circuit training”

Summary.The concept and essence of circuit training (CT). Organization and method of conducting circuit training. Methods for conducting circuit training. Exercises and methods for developing individual physical qualities using circuit training. Exercises based on program material (circuit training) - athletics, basketball, volleyball, gymnastics. Methodology for creating an individual “circuit training” plan. Physiological and ergometric substantiation of operating modes during circuit training.

Topic No. 8 “Means and methods of muscle relaxation”

Summary. The essence and effect of muscle relaxation on the body. Achieving a relaxation state. Determination of muscle fatigue. Relaxation gymnastics. Exercises for facial muscles. Exercises performed while lying on your back, standing, sitting. Exercises performed while walking. Basics of muscle relaxation techniques. Muscle relaxation technique in the final part of the lesson. About the duration of relaxation exercises.

Topic No. 9 “Methods for assessing and correcting physique”

Summary.Methods for determining correct posture. Exercises (remedies) and posture formation technique. Methodology for compiling sets of exercises for posture correction. Exercises (means) and methods for assessing and correcting physique. Means and methods of athletic training for body correction and strength development.

Topic No. 10 “Method of corrective gymnastics for the eyes”

Summary.Rationale for corrective gymnastics for the eyes. Indications and contraindications for the use of exercise therapy for myopia. Method of corrective gymnastics for eyes with myopia. Special exercises for the eyes.

Therapeutic gymnastics in the preparatory and main periods of the course of treatment and ultrasonography for myopia. Method for improving vision using the Bragg system.

Topic No. 11 “Methodology of psychoregulatory (autogenic) training”

The essence of autogenic training (AT). Autogenic training technique. Structure and content of classes. Adopting the correct posture. Achieving calm and relaxation. Methods of performing lower level exercises. Indications and contraindications for AT.

Topic No. 12 “Organization and methodology of conducting classes in professional and applied training of doctors of various specialties”

Summary.General provisions on professional-applied physics preparation. The focus of professional-applied physical training in classes with students of various faculties.

Topic No. 13 “Methodology for conducting industrial gymnastics, taking into account the given conditions and nature of work”

Summary.The essence and forms (types) of industrial gymnastics. Methodology for conducting industrial gymnastics. Methodology for conducting and compiling sets of introductory gymnastics exercises. Methodology for compiling and conducting sets of exercises: physical education break, physical education minute, micro-break of active rest.

Topic No. 14 “Shaping as a component of professional-applied physical training of a medical student”

Summary.The history of the emergence of health-improving gymnastics “shaping” in Russia. Types of shaping. The influence of shaping on the body. Indications and contraindications for shaping. Shaping for pregnant women.

Topic No. 15 “History and applied aspects of healthy lifestyle”

Summary.Applied aspects of healthy lifestyle in Ancient Greece. Medical the activities of Hippocrates, Asclepiades, Soranus of Ephesus. The concept of "Ayurveda". Applied aspects of healthy lifestyle in India. Applied aspects of healthy lifestyle in Ancient China. Tibetan medicine.

Topic No. 16 “Acupressure”

Summary.Definition of acupressure. Life energies. Wu-Sin concept. Zhang Fu concept. The biological clock. The effect of acupressure along the meridians. Acupressure technique. Acupressure for diseases of the spine. Acupressure for emergency conditions. Su-Jok therapy.

Topic No. 17 “Healthy lifestyle as a component of professional and applied culture of a medical student”

Summary.Conceptual foundations of a healthy lifestyle. Culture and image human life. Natural and biological foundations of a healthy lifestyle. Human Constitution. Health as freedom and value of life. Rhythms of the Sun and the energy of the body. Body types according to Ayurveda. Rhythmic gymnastics, athletic gymnastics, fitness yoga.

Topic No. 18 “Factors contributing to weight loss, aerobic and anaerobic exercise”

Summary. Creatine phosphate system. Lactate system. Anaerobic threshold. Intensity zones of training loads depending on lactate concentration and heart rate.

Topic No. 19 “Methodology and practical skills of self-massage in professional and applied training of a medical student”

Summary. The essence of self-massage. Self-massage techniques and techniques. Basics self-massage techniques. Rules for self-massage. Sequence of a general self-massage session. Self-massage to relieve physical fatigue. Self-massage technique to relieve mental fatigue. Self-massage: frontal part, scalp, collar area, external intercostal muscles, diaphragm, back.